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DIG MAG

SEPTEMBER 2015

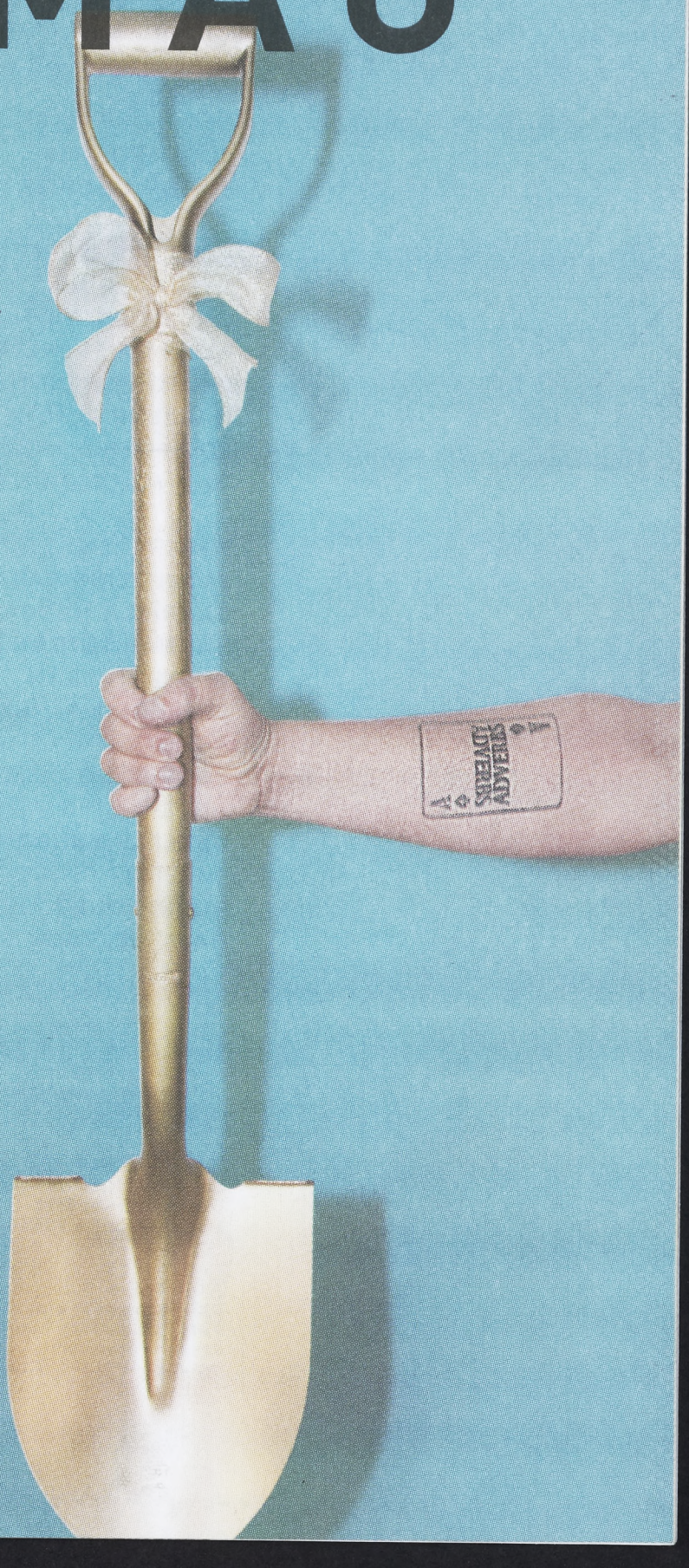
5 THINGS YOU NEED TO TRY IN LONG BEACH

ASK THE EXPERT

Dr. Christina Derme Solves Your Relationship Problems.

WHY WE LOVE

Long Beach's Flourishing Beer Culture.



DIG MAG

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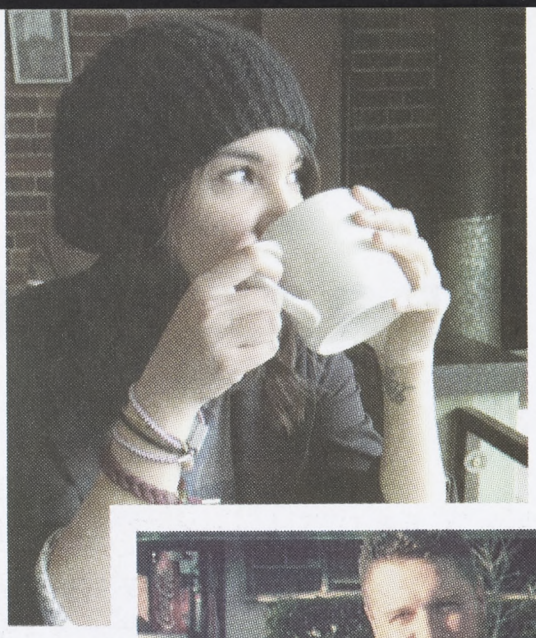
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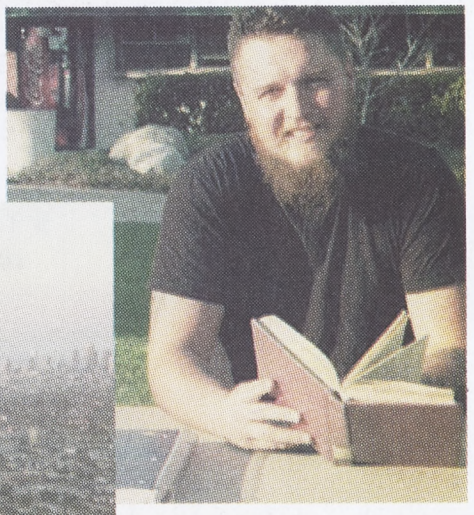
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CONTRIBUTORS



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Will Theisen is a bearded senior majoring in journalism, and occasionally you'll find his concert reviews in the Orange County Register. He plans to attend law school after graduation, and be a "normal" lawyer, unless Robin Thicke keeps stealing music from actual musicians, in which case he'll go after that.



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Stephanie Perez is a journalism geek with a passion for photography; however, don't let her creative side fool you. With a pastime in social media stalking, she hopes one day her skills will land her a job with the FBI.

Katie Bickerstaff is one semester away from obtaining her BFA in Photography here at CSULB. She loves cats, avocados, and having a good time.



EDITOR'S NOTE

Welcome to a new year of DIG! I'm excited to introduce all of you to a brand new magazine. I plan on opening your eyes to a side of Long Beach that you've never seen before. I myself am still learning about our great city. Only having lived here for a year, I'm constantly adjusting to new people and surroundings.

Change is scary and I think that's something we can all agree upon. You have new classes to take, new people to meet and new relationships to form. But every new experience in your life is a new opportunity if you choose to see it as such. If we adjust our outlook on the idea of change, we can begin living more positive lives.

Becoming Editor-in-Chief of DIG was extremely scary for me. I've had to get used to some big changes in the past three months, but I'm ready to deliver a pretty awesome magazine to all of you.

With the help of my talented staff, I present to you the September issue of DIG. I hope you all enjoy!



Codi Georges

Codi Georges
Editor-In-Chief
digmageditor@gmail.com

WHY THE HECK WE HAVE A SHOVEL ON THE COVER.

WORDS **WILL THEISEN**

The spoon has been trending lately. Lauded as a design that was rendered pretty much perfect a long time ago, and surviving today in essentially the same form and aesthetic, it's an example an unbroken idea being left unfixed. And what is a shovel, if not an oversized spoon with more leverage and heftier goals? In fact, the only thing a shovel normally isn't, is pretty. To address that, the shovel on our cover is gold. Sheer perfection.

The real reason for DIG Magazine's Golden Shovel goes beyond the marriage of form and function, of course. While we're at the matter of a fictional history of the Golden Shovel, let's say it belongs to that handsome fella with the tremendous facial hair, gallantly ignoring the soda machines in front of LA5 as he stares down UC Irvine. Actually, he's got his head cocked a little too far Southwest for that, so he's probably looking at Catalina Island.

Either way, Prospector Pete represents the Gold Rushin' thrillseekers of 1849. From Western cinema to NFL teams, Californians have a lasting appreciation for our gold-digging forebears, but Cal State Long Beach has a particularly special connection. Our campus opened exactly a hundred years after that dusty conquest and, without doing any research, it's quite imaginable to think that someone who was alive during the Gold Rush was living in Long Beach when the school first opened.

Not everyone has embraced our flannel-clad, mustachioed mascot, though. Local Native American groups take issue with celebrating Manifest Destiny, and a lot of students just don't want to give a history lesson to explain their mascot. Kids at Fullerton don't have to explain what an elephant is!

But here at DIG, we embrace our history. From our very name, to this cover, we know a little dirt never hurt. Pete has more street cred than Tuffy the Titan, and "Dirtbag" is unquestionably a term of endearment. The Golden Shovel is reminder that, to get where you want to be, you've got to do work, get your hands dirty, and know how to use whatever tools are available to you.

It also just so happens to be pretty.

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LONG BEACH SEPTEMBER CALENDAR

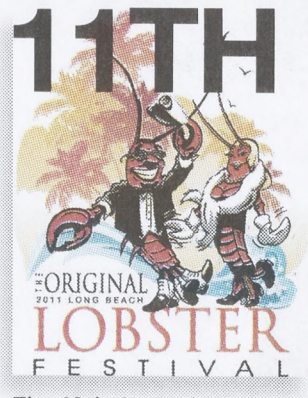


SOCO Nights – An Outdoor Summer Movie Series
Costa Mesa
5 p.m.-8 p.m.



1st Thursday ArtWalk
Downtown San Pedro
6 p.m.





The 19th Annual 2015
Original Lobster Festival
Rainbow Lagoon
5 p.m.–11 p.m.



Long Beach Comic Con
Long Beach Convention Center



26th Annual Belmont Shore Car Show
Belmont Shore
9 a.m.-3 p.m.



Underground Comedy & Burlesque
featuring: The Dirty Little Secrets
Harvelle's Long Beach
21 & over, 8:30 p.m.



N*gger W*tback Ch*nk
Carpenter Performing
Arts Center
8 p.m.



Surf City Surf Dog
Huntington Dog Beach



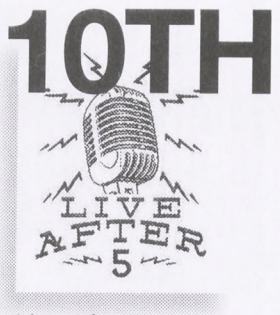
SAM BuskerFest
East Village Arts District
5 p.m.-11p.m.



Shoreline Jam
The Queen Mary
2 p.m.–11 p.m.



Labor Day
Annual Grecian
Festival
Assumption Church
Grounds
12 p.m.-9 p.m.



Live After 5
Downtown Long
Beach
5 p.m.-11 p.m.



Show



Belmont Shore Stroll & Savor
Belmont Shore
5:30 p.m.–9 p.m.



Pacific Islander Festival
Huntington Central Park



Champagne Sunday
Brunch
The Queen Mary
9:30 a.m.-2 p.m.





HONEYHONEY
The Federal Bar
7:30 p.m.



Mezcaldo
CSULB Gallery Gatov West
5 p.m.-7 p.m.



Farmer's Market
Marine Stadium
3 p.m.-8 p.m.

Breakfast at The Beach

Do you want to know which great places to go to feed your rumbling tummy in the morning? Squeeze in some mingling time with a friend before your afternoon and night classes. Here are some places to try out if you haven't yet! (All with reasonable prices, too!)

WORDS MICHELLE RUGGIERO
PHOTOS MARLENE TAFOYA & KATIE BICKERSTAFF



Crooked Duck

This cute neighborhood café is on the corner of PCH and Granada Avenue. Their breakfast menu consists of galore of omelets, golden crispy malted waffles and buttery chocolate chip banana flapjacks. Any special side you think of, they've got it: fruits, bacon, turkey bacon/patty, sausage link, cottage cheese, potatoes, English muffins, bagels, and any style eggs. Breakfast is served from 8 a.m.-11 a.m. Tuesday-Friday.



Blackbird Café

This well-lit American café is located off of Orange Avenue and East Wardlow Road. Enjoy dishes like a breakfast barbacoa bowl, Peanut Buttah Honey pancakes, corned beef hash, and "Dos Caballeros," Blackbird's Egg's Benedict specialty packed with flavor and no extra grease. Blackbird is open from 7 a.m.–3 p.m.



Georgie's Place

This Mediterranean-American fusion café is located off of Atlantic Avenue and East Roosevelt Road. Your eyes will feast on the wide variety of the Greek and American classics this diner has to offer. You can choose from Greek omelet specialties, salads, and gyros to common American breakfast meats, eggs, hotcakes, and breakfast sandwiches. Georgie's is open all day from 7 a.m.–9 p.m.



Nick's Deli

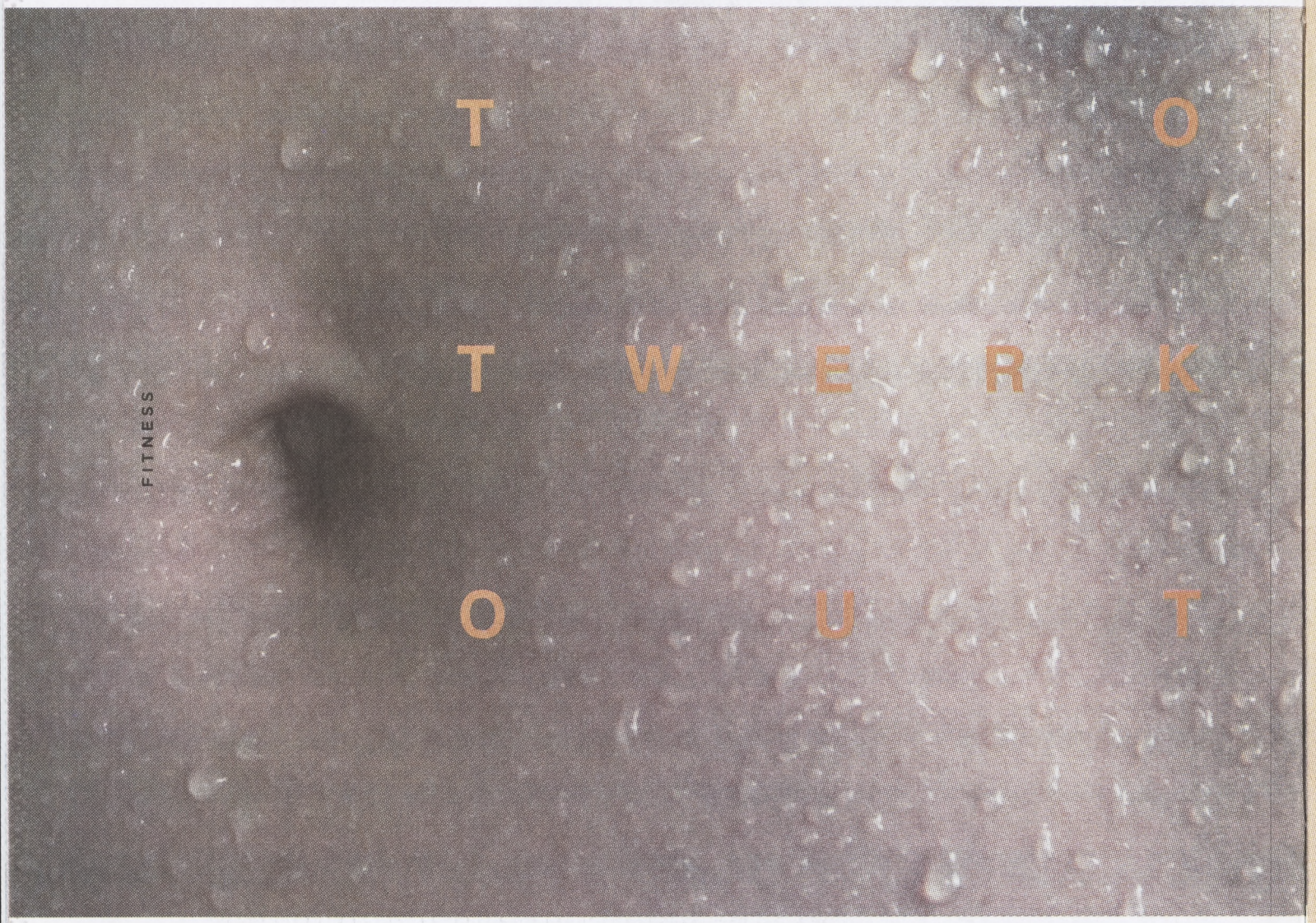
I know you burrito lovers will visit this spot! Located off of Main Street in Seal Beach, Nick's Deli is sure to cater to all your burrito needs. The line is usually out the door but these cats are quick with service. The hand-written menu lists off the burritos to choose from, but you alter your order to make it your own personal creation. There are no limits at Nick's, except they take cash only! Nick's is open from 7 a.m.–7 p.m. daily.



River's End Café

This café is located off of 1st Street and Ocean Avenue in Seal Beach. They serve American, South Caribbean and Central American dishes. You can watch the wind surfers and gaze at the ocean as you enjoy your breakfast on the tropical-like beach patio. Breakfast is served from 7 a.m.-2:45 p.m.
(Note: Parking is $3/hour)

TIME TO TWERK OUT



It's sizeable, exceptionally maintained and conveniently close. CSULB's Student Recreation and Wellness Center, while being an ideal option, is not suitable for every student. If you're looking for a new place to get in shape, train for an event, or begin your journey to a healthier lifestyle, sign up for a free trial at these nearby gyms!

WORDS **HANNAH SUTTON**

24 Hour Fitness Super Sport is located just over two miles from CSULB and offers a good quality fitness experience for the price you pay. The two-story facility is packed wall-to-wall with cardio and weight machines, spacious training rooms, a pool, a full-sized basketball court, and much more. On the corner of Bellflower and Spring, this 24 Hour Fitness has a decent-sized parking lot that offers vacant spots even during busy hours. The front desk staff is welcoming and helpful when assisting new members and free-trial pass holders. The in-house personal trainers are also very approachable, without hovering over members while they workout for the sole purpose of selling their training services.

LA Fitness is another superior choice for those interested in joining an off-campus gym. The PCH facility's three-story build sets it apart from the monotony of familiar gym layouts, along with its pool, indoor track, and expansive studios for cycling, yoga and pilates, and personal training. The Bellflower LA Fitness is a fairly new facility, and is conveniently located less than a mile from CSULB. Perhaps one of the most compelling reasons to workout at this location is its multitude of group classes, one of which is held in the cycling studio that seats a whopping 56 people in a stadium-seating plan. Both LA Fitness gyms host a generous mix of older adults and college-aged fitness fiends. The trainers and staff are far from intimidating, and interact with the intention to help rather than to sell.

Fitness 19, sitting only three miles from campus, is ideal for those interested in a more intimate fitness experience. The facility houses all of the top quality equipment and machines expected in a gym, but comes without the "brand name" gym experience. The Fitness 19 staff is focused on giving members the best value for their money. Its small floor plan does get crowded during after-work hours, but the gym houses enough machines to keep wait times down to a minimum.

Another gym that provides a classic fitness experience is **Gold's Gym** off of Pine Avenue in Downtown Long Beach. Because of its location, Gold's is slightly more difficult to get to and find parking for. The two-hour parking lot located directly across the street serves as motivation to get in, workout, and get out in a timely manner. This location offers a wide variety of group fitness classes, and many of them are scheduled in the evenings and during weekends – perfect for those who work and go to school throughout the week. Packed with plenty of free weights, benches, and weight and cardio machines, this gym is ideal for people who are serious about their health and fitness, and is even frequented by professional body builders.

FASHION

BEACH TO BOOKS



WORDS **LEI PHILLIPS**
PHOTOS **RANDI HALL**

It's almost time for us to officially part with the sweetness of summer and welcome the excitement of fall. Autumn pushes its way through and knocks the wind out of you, and while the latest trends of the summer season may be over, for us Californians, the hot weather is here to stay. Now is the time to figure out how to transition from summer to not-so-fall. This calls for the top five ways to get away with both the trends of the blast of summer and California's warm fall weather.

Current trends for women include lightweight pieces of lace or crochet and mixed prints. Keep cool with a breezy lace or crochet top, or a black and white striped racer top. Combine it with a simple black bralette underneath to complement the effortless look. A nice pair of shorts—either denim or a pair like this black and white floral one—is perfect for a day off from school at the beach. Now add some light jewelry and a set of shades to your outfit. Last but not least, don't forget a good-sized bag filled with your school supply goodies.

There you have it. Now the transition won't be hard after your long break from spring semester. This transition is all about easing into the fall, and California's weather makes it simple to slide into this next semester with no effort.

Tops, shorts, bag, bathing suit top, glasses, bangles, watch from Red Apparel (2228 N Bellflower Blvd Long Beach, CA 90815) | notebook, pencils from Lyons Art Supplies (441 E 4th St Long Beach, CA 90802) Support Local Business

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Beverly.Munson@csulb.edu



Beer-eka!

WORDS **RACHEL KEENEY**
PHOTOS **RANDI HALL**

I remember it pretty well. I was 20, hanging out in my boyfriend's apartment, curious like an adolescent about what it was I was about to experience. A rush of blood raced to my brain just as it would during any "fight or flight" situation. It was the cute meet that would change my adult life for good, like a Woody Allen film.

Stone IPA was the first craft beer I would ever taste. At first, I almost puked from the punch I had just received by the abundant piney-ness in the beverage. Then I sat back and took it in; I had to impress my boyfriend, after all.

Since that first night a lot has changed. My relationship with said boyfriend ended. I moved cities, celebrated some 21st birthdays, and cut off all of my hair. But what changed the most was my outlook on beer. I had sipped the tasty ale from the Holy Grail and become drunk with a new perspective.

Craft beer has since shaped my life. I work at a brewpub, write a blog centered on beer and surround myself with friends, all of whom have a craft beer lover's heart.

I recently took a visit to Rock Bottom Restaurant and Brewery in Long Beach and spent an afternoon talking to and tasting beer with the resident brewers. Stories were swapped and profanity was used but, most importantly, my outlook on beer as a whole became effervescent. Kind of like a delightful "Eureka!" moment: "Beer-eka!"

The craft beer movement was the subject that stimulated the flow of most of the conversation. But I myself couldn't exactly define what this "movement" was.

"It was a movement that was motivated by people desiring to have a product that was better than just mediocre or bare minimum – more of the want for flavor," said Rock Bottom's head brewer, Brad Comstock. "I think the movement began once a few dedicated people said 'screw big business.' They wanted to make a change. The time was right for this to work out and it stuck. It looks like it's not going to stop."

It is no secret that the popularity of craft beers has grown in the last few years. But what's most impressive is its following.

I got to talking about the craft beer following with Comstock and his assistant brewer, Kyle Reynolds, while they added malt to one of their most popular IPAs.

The brewers told me that there is no one type of follower; they range from old-school beer drinkers to millennial hipsters. And Comstock and Reynolds agreed that the diversity of followers is what makes the movement so unique.

But with any great movement must come some sort of cliché. Like the 1960s hippies or the grotesque 1980s "Eddie Money" look, one group of beer lovers has risen to popularity. I like to call this stereotype the "IPA Zombie."

▲

I had sipped the tasty ale from the Holy Grail and become drunk with a new perspective.

"How do you recognize this lifeless being?" you might ask. Well, they're easy to spot. With little interest or respect, this creature will go to brewpubs or beer festivals and gravitate toward the taps with one objective: obtain an IPA for the high alcoholic content. He or she will find no interest in the actual flavor of the beer or intrigue in any other style of beer. This creature finds delight in a piney hop because the more bitter the beer the more unsatisfyingly satisfied he or she will become.

Comstock had an eloquent and appropriate response to these zombies: "They're isolating themselves to one standard, but in craft beer we want variety. Brewers are educators, we try to teach people how to respect beer. We'll have people come up to us and say, 'Let me try your most alcohol-heavy beer.' And it's really a cultural thing."

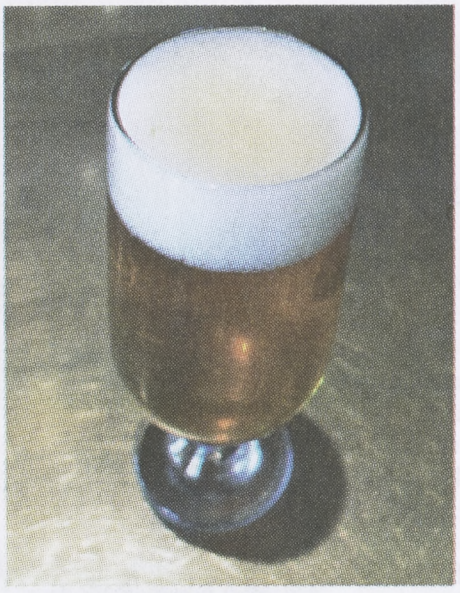
I know what you're thinking: It's either, "Sh*t, that's me," or, "Ew, that person sucks." Well, my friend, it's okay, because assistant brewer Reynolds has a piece of advice for you:

"Cut that crap out. You're doing yourself a disservice."

I couldn't have said it any better.

Sitting down with Comstock and Reynolds, I tasted one lighter ale (probably blonde), two IPAs, one red ale and two stouts. The tasters we had sat on the table in almost a rainbow-like color spectrum.

"How can all of these beers be so different, and yet all so delicious to me?" I thought. "How could I find all of these beers so equal in attraction?" And that is what makes the craft beer industry so unique: its versatility and creativity is unmatched. There is no specific beer that will always be better than another.



As I sipped into my taster of bourbon barrel-aged stout, I asked my brewer friends about a new amendment to Long Beach's municipal code that will allow craft brewers and microbreweries to call Long Beach home.

"I hope that we are going to be one of the trending LA cities for beer. It's been going in that direction for a while," said Comstock. "I've heard rumors of other breweries establishing places in LB. It'll take a few and then it'll just steamroll. We're a great thoroughfare between LA and San Diego: near the beach, not way inland. It's a great spot to have a lot of beers."

Comstock and Reynolds went on to talk about the possibility of Long Beach rising in microbrewery population and suddenly, a new term was brought into the conversation that I had never heard: beer culture.

I had honestly no idea what they meant by "beer culture." I pondered the thought for a while. I assumed it had a broad definition, just as any term pertaining to culture would. And that's when it hit me...

As I sat watching these two men work so diligently on something that brings them pure joy, I knew what "beer culture" meant. It wasn't just a defined term, it was something more profound and meaningful. It was playing out right in front of me.

Beer culture is surely something that is individualistic. It is how you enjoy your beer. For me, I associate every brew I taste with a memory. My first IPA: consumed underage with my boyfriend. Or that time I cried while drinking the Big Eye IPA. Or even better, the time I tasted all of Rock Bottom's beers while enjoying a day with two passionate people.

It's easy to see why craft beer is so popular. It is crafted for taste, consumed for joy and digested with appreciation. There is much to respect in each and every genre of beer, from sours to stouts. Each is made with strict composition and flamboyant creativity.

Do yourself a favor and go out and try something new. Try that stout, you IPA fiend. Drink that habanero IPA, you Bud Light drinker. Drink it, love it and appreciate it, because it is the future. ▲

5 Things Everyone Should Do in Long Beach

WORDS & PHOTOS **STEPHANIE PEREZ & ALELI MAY VUELTA**



GET CAFFEINATED WITH ARTISAN COFFEE.

The aroma of freshly brewed coffee fills Lord Windsor Roasters, one of the many specialty coffee shops in Long Beach. From the flourishing number of cafes opening to hosting the U.S. Coffee Championships at the Convention Center, Long Beach has established itself as a leader in this artisan coffee movement. These shops practice quality over quantity by sourcing locally roasted beans, making in-house milks, and utilizing proper brewing techniques. Other popular cafes are Makai Coffee, Rose Park Roasters, and Flea Espresso Bar. Each of these shops brings a distinctive cup of coffee to the table. (Editor's note: Very punny, ladies.)

GO ON AN ART SCAVENGER HUNT.

POW! WOW! Long Beach, a network of global artists, installed new art murals throughout the city this summer. Take a day to play scavenger hunt around the neighborhoods of Long Beach and search for all 14 murals. The artists use the murals as means of preserving Native American culture. Popular artists Fafi, Aaron De La Cruz, and Hueman contributed to this outdoor exhibition. With no specific canvas, these large-scale paintings are placed on a variety of surfaces: back-end alleys, sidewalk floors, wired fences, and building walls. The map on the POW! WOW! Long Beach website can guide your daylong quest.









EXPERIENCE AUTHENTIC CAMBODIAN CUISINE.

Long Beach is home to one of the largest Cambodian populations in America, so it makes sense that you can find amazing Cambodian cuisine anywhere you look. Sophy's is one of the best authentic Cambodian restaurants in the city. With a menu that ranges from beef skewers with papaya salad to crispy pork with Chinese broccoli, you're sure to find something you'll love. Another spot for Cambodian cuisine is Phnom Penh Noodle Shack, which has been recognized for its authenticity on the Travel Channel's Bizarre Foods. The restaurant is popular for its house special noodles and flavorful stir-fries.

SIP ON SIGNATURE COCKTAILS.

Although Long Beach's beer scene is flourishing (see page 17), we still enjoy our cocktails from time to time. You don't have to go far to try these signature drinks, either. All of them can be found throughout Belmont Shore. We just don't recommend sampling them all in one day.

1. Pop Rock Watermelon Margarita – Panama Joe's

This is the ultimate margarita with a slight twist. This delicious concoction has a number of fruity flavors with a kick – a whole packet of Pop Rocks poured on top. Just be sure to stand at least five feet away when pouring the rocks on your margarita.

2. Lakers Pop – Shannon's Bayshore

This is one of Shannon's lesser-known signature drinks. The Lakers Pop comes with vodka, grape pucker and Smirnoff Ice. It's sort of like an alcoholic Jolly Rancher.







3. Strawberry Basil Sangria – Riley's
The Rosé infused with fresh basil, strawberries and cucumber is the perfect refreshment for a hot day. And all that fruit means this drink is healthy! Right?

GET OUT ON THE WATER.

You're a short drive from the ocean, so why not take advantage of it? And you don't have to swim, surf or bodyboard to enjoy the ocean in Long Beach. In the Naples canals, just over the bridge from Belmont Shore, you can paddle and ride your way through calm waters while admiring the beautiful homes that line the canals. Here are three fun ways to get around on the ocean, along with places where you can rent the equipment. Make sure to call ahead for reservations.

1. SUP: Stand-up paddleboards have transitioned from trend to mainstay a few years back. No wonder: They provide perhaps the best view, and they're easier to maneuver than you might think. Standup Rentals, 5411 E. Ocean Blvd., standuprentals.net. $25/hour
2. Kayak: It's a classic for a reason: They're fun and simple, and they're the least expensive option. Kayaks on the Water, 5411 E. Ocean Blvd., kayakrentals.net. $10/hour.
3. Hydrobike: Yes, you can cycle on the water. These bikes are on stable floats and move when you pedal – for a surprisingly good workout. Long Beach Hydrobikes, 110 N. Marina Dr., lbhydrobikes.com. $20/hour in the daytime, $30/hour at sunset. ▲

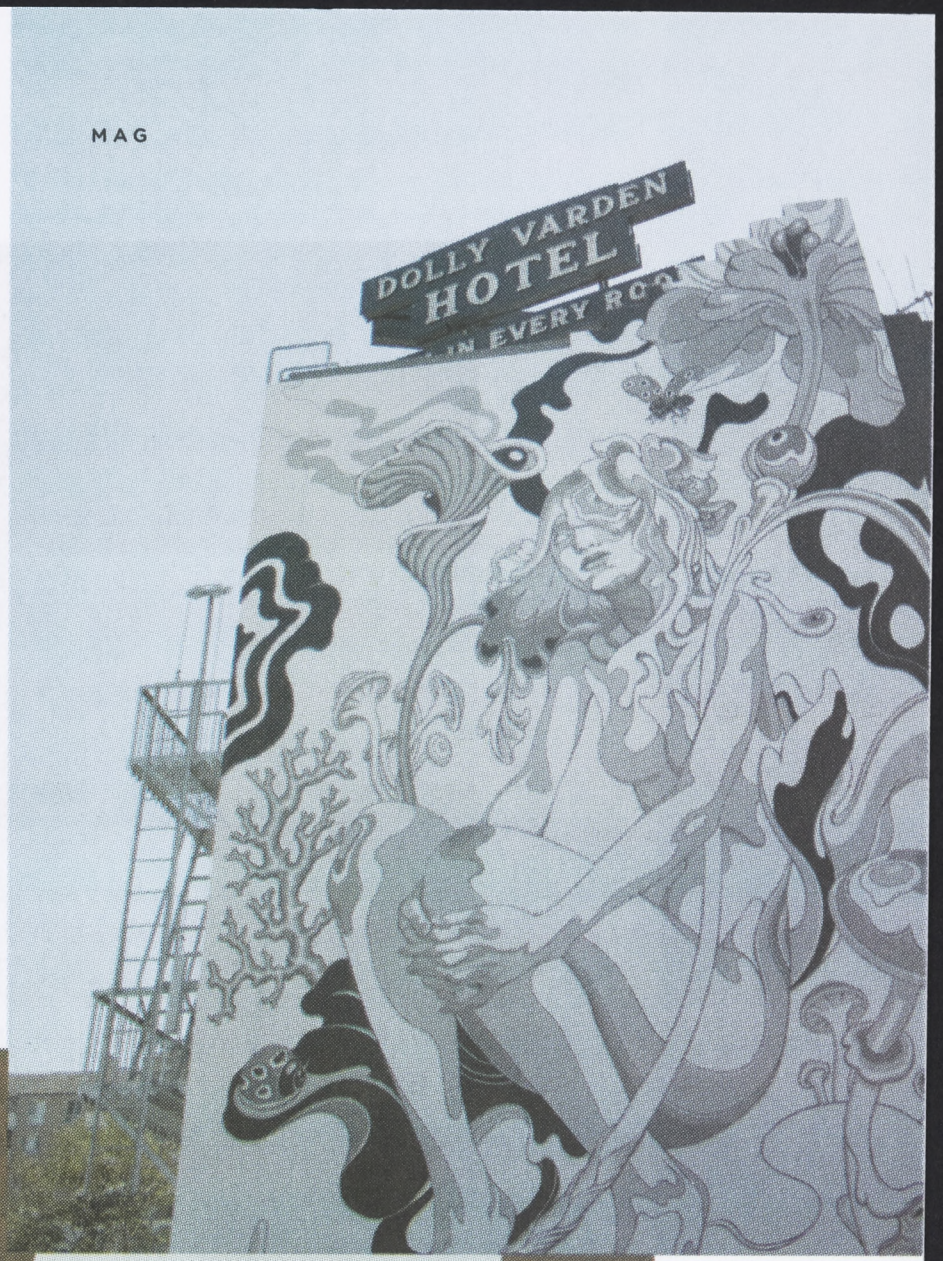











DOLLY VARDEN
HOTEL


LORD WINDSOR ROASTERS
SURF WAX
COFFEE



Dr. Christina Derme has her doctorate in Communication Studies from the State University of New York at Buffalo. She specializes in interpersonal communication and mass communication, with an emphasis in persuasion and media effects studies. She has been a faculty member in the department of Communication Studies at CSULB since the fall of 2000.

My friends never want to do anything adventurous with me! What's the best way to persuade them to step out of their comfort zones?

Gabrielle, Junior

The number one place to start is by knowing your audience. If they are never or rarely willing to even try anything new, your first step may be in investigating why they are apprehensive, and choosing a persuasive strategy afterward. Some specific persuasive strategies that have been known to work well in a situation such as this are public commitment (individuals are more likely to comply if you can get them to commit to something publically), norm of reciprocity (e.g., "I drove you to school last week, now you should try zip lining with me."), and foot-in-the-door strategy (e.g., "let's try a 10 foot cliff jump first, and then we'll move on to the 50 foot cliff later.").

I've never gotten along with my girlfriend's best friend, and it's now really starting to bother my girlfriend. What should I do?

Levi, Super Senior

This might be a good opportunity for you to start practicing being diplomatic, patient, and flexible in interpersonal situations. So, how to do this, you ask? Practice being mindful. Mindfulness is the awareness that emerges through paying attention on purpose, in the present moment, and non-judgmentally to the unfolding of experience moment to moment (Kabat-Zinn, 2003). Think about what motivates your girlfriend's friend to act/talk the way she talks. Why does it bother you? Can you practice empathy? There are exercises you can do to train yourself to be more mindful. Give it a try. Trust me, your girlfriend will notice the change in you, and will love you for it.

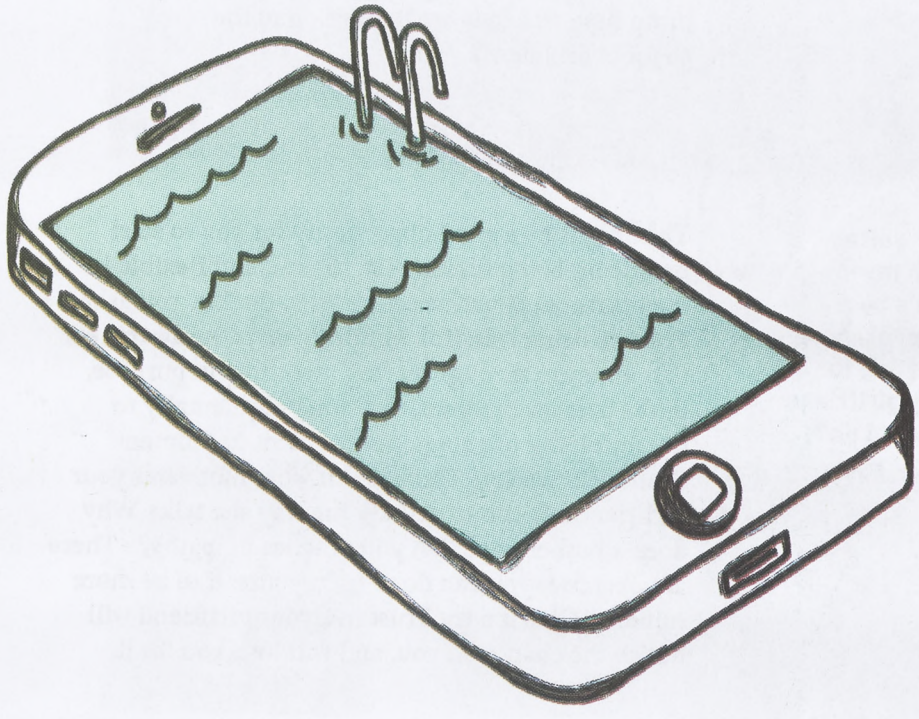
I hate begging my parents for money, but I'm really low on cash this month. How can I ask them without sounding pathetic?

Tom, Sophomore

First of all, it's very unlikely your parents will see you as "pathetic," but here's a strategy you can try that will help both you and your parents save face and still get what you want. Try honesty and humility, e.g., "Mom and dad, I really hate to ask you for money because you've done so much for me already, but this is a really bad month for me" (list what you need the money for). "We can set up a plan so I can pay you back over the next few months. I'll really try to not ask again" And then really try not to ask again.

JUMP IN...

THE WATER IS WARM.



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